

FIG. 1

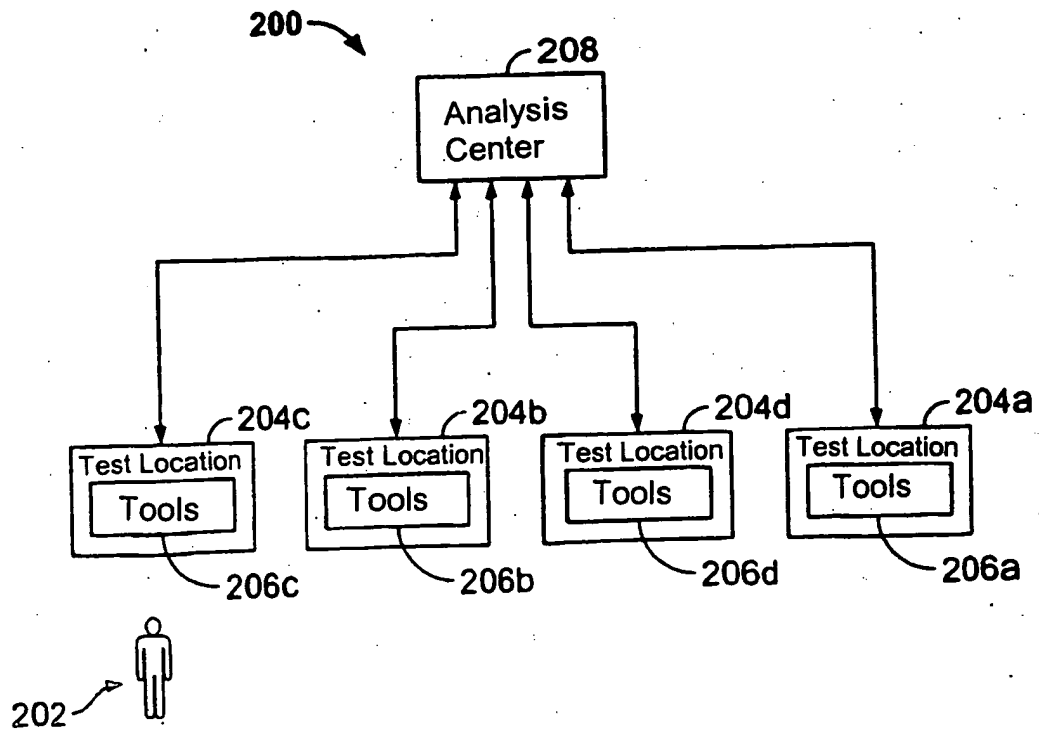


FIG. 2

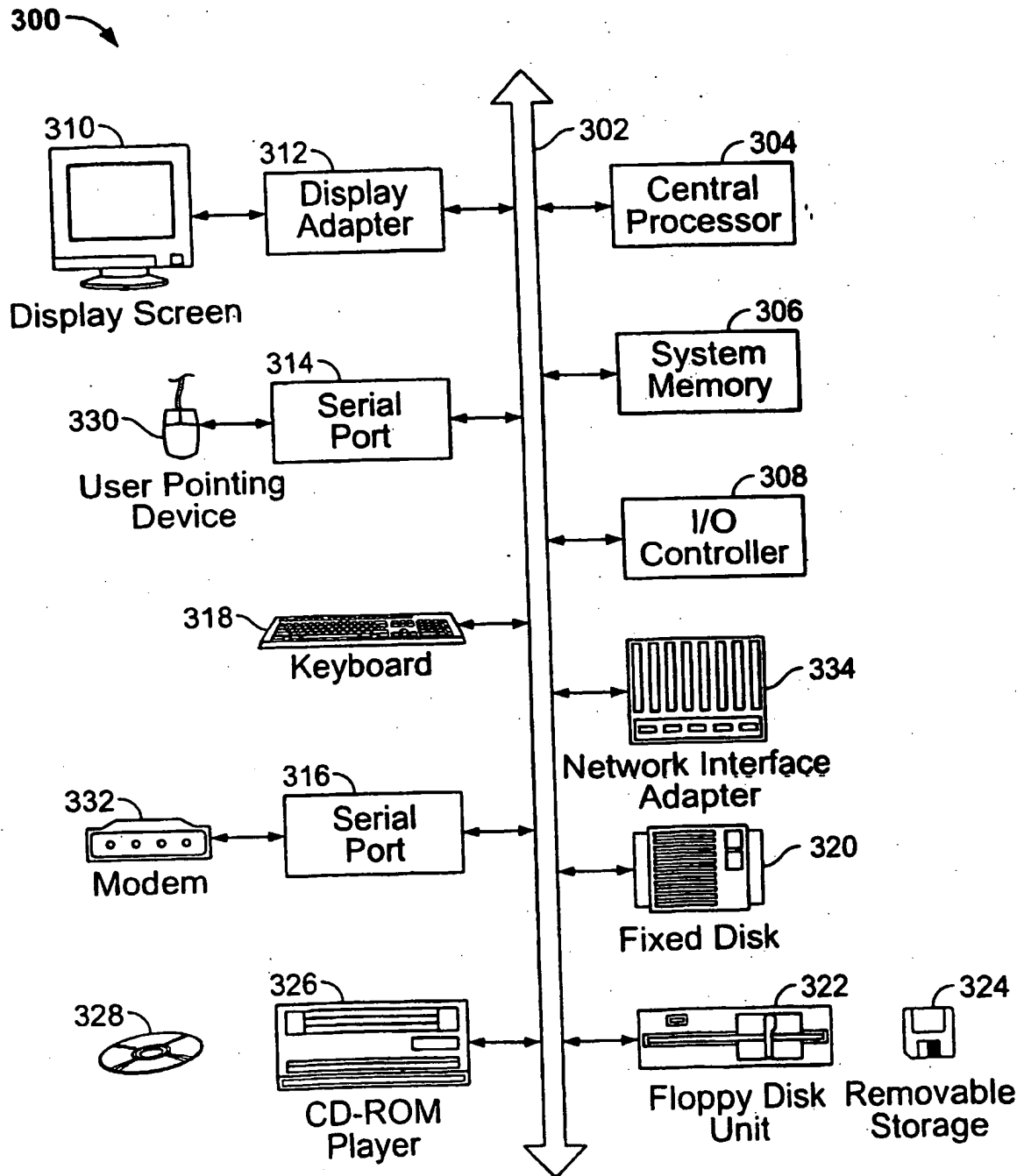


FIG. 3

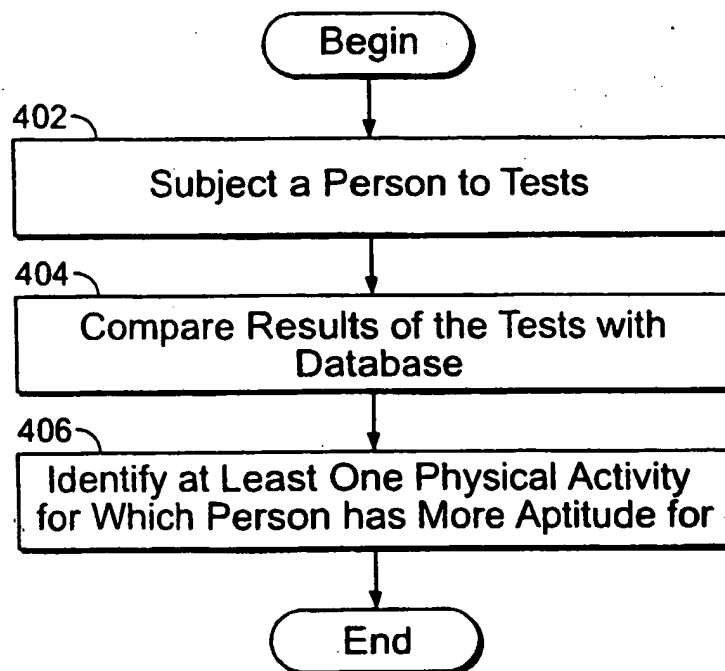


FIG. 4

| Test | Label | Min | | Max | Sprinter | | Distance Runner | | Weight Lifter | | Basketball Center | | 10 Year Old Boy | |
|---|-------|------|-------|-----|----------|--------|-----------------|--------|---------------|--------|-------------------|--------|-----------------|--------|
| | | | | | Raw | Scaled | Raw | Scaled | Raw | Scaled | Raw | Scaled | Raw | Scaled |
| RI-R | A | 20 | 100 | | 65 | 44% | 30 | 86% | 75 | 31% | 65 | 44% | 68 | 40% |
| Height, to 1/4 inch | B | 3.00 | 6.00 | | 5.92 | 59% | 5.33 | 47% | 5.67 | 53% | 7 | 80% | 4.66666667 | 33% |
| Weight, to 1/4 lb. | C | 40 | 300 | | 180 | 54% | 130 | 35% | 190 | 58% | 275 | 90% | 100 | 23% |
| Concentration Test | D | 0 | 100 | | 20 | 20% | 45 | 45% | 20 | 20% | 55 | 55% | 13 | 13% |
| Wobble board, average | E | 0 | 40 | | 9 | 78% | 18 | 45% | 7.5 | 81% | 14 | 65% | 16 | 60% |
| Hand Speed/coord, to 1/4 inch | F | 0 | 36 | | 5 | 86% | 15 | 42% | 8 | 78% | 3 | 92% | 9 | 75% |
| Grip strength, kg | G | 1 | 100 | | 55 | 55% | 20 | 19% | 90 | 90% | 65 | 65% | 24 | 23% |
| Standing Height, to 1/2 inch | H | 4.50 | 10.00 | | 7.3 | 50% | 6.8 | 41% | 7.0 | 45% | 9.8 | 95% | 5.8 | 24% |
| Vertical jump, to 1/2 inch | I | 4.50 | 13.00 | | 10.08 | 66% | 7.75 | 38% | 9.92 | 64% | 11.83 | 86% | 7.17 | 31% |
| Standing long jump, to 1/2 inch | J | 3.00 | 15.00 | | 11.00 | 67% | 8.25 | 19% | 10.25 | 60% | 7.58 | 38% | 6.33 | 28% |
| Sit and reach, to 1/4 inch | K | 4.00 | 20.00 | | 14.75 | 67% | 7.00 | 19% | 12.00 | 59% | 10.00 | 38% | 11.00 | 44% |
| Foot speed/coord, to 0.01s | L | 2 | 8 | | 3.50 | 75% | 5.50 | 42% | 4.00 | 67% | 4.50 | 58% | 4.60 | 57% |
| Pull-Ups | M | 0 | 40 | | 20 | 50% | 1 | 3% | 30 | 75% | 13 | 33% | 14 | 35% |
| Abdominal strength, stages completed | N | 0 | 7 | | 4 | 57% | 3 | 43% | 5 | 71% | 4 | 57% | 3 | 43% |
| 25 Meter Sprint, to 0.1s | O | 2 | 5 | | 2.8 | 73% | 3.9 | 37% | 3.3 | 57% | 3.6 | 47% | 4.2 | 27% |
| One Turn Agility Run, seconds | P | 2 | 5 | | 2.5 | 83% | 2.9 | 70% | 2.9 | 80% | 2.4 | 87% | 3.7 | 43% |
| Skinfolds, in mm, avg | Q | 1 | 30 | | 14 | 45% | 9 | 28% | 12 | 38% | 18 | 52% | 10 | 31% |
| triceps | R | 1 | 30 | | 10 | 31% | 7 | 21% | 8 | 28% | 12 | 38% | 7 | 21% |
| subscapular | S | 1 | 30 | | 12 | 38% | 8 | 24% | 10 | 31% | 15 | 48% | 9 | 28% |
| suprailium | T | 1 | 30 | | 12 | 38% | 8 | 24% | 10 | 31% | 15 | 48% | 8 | 24% |
| calf | U | 1 | 30 | | 4 | 10% | 3 | 7% | 4 | 10% | 6 | 17% | 9 | 28% |
| Body composition, in mm, avg | V | 1 | 30 | | 13 | 41% | 9 | 28% | 12 | 38% | 17 | 55% | 10 | 31% |
| chest | W | 1 | 30 | | 12 | 38% | 8 | 24% | 11 | 34% | 18 | 59% | 7 | 21% |
| abdomen | X | 4 | 15 | | 6.8 | 25% | 5.4 | 13% | 7.0 | 27% | 8.1 | 37% | 5.7 | 15% |
| thigh | Y | 6 | 20 | | 11.0 | 38% | 10.0 | 29% | 11.5 | 39% | 14.2 | 59% | 8.5 | 18% |
| Bone Diameters, in cm, avg | Z | 30 | 100 | | 45.0 | 21% | 40.0 | 14% | 48.5 | 24% | 48.0 | 27% | 32.0 | 3% |
| humerous breath | AA | 20 | 80 | | 35.0 | 25% | 33.0 | 22% | 38.0 | 30% | 45.0 | 42% | 28.0 | 13% |
| knee breath | BB | 14 | 50 | | 43 | 81% | 33 | 53% | 48 | 89% | 48 | 94% | 20 | 17% |
| biacromial breath | CC | 20 | 60 | | 38 | 45% | 28 | 20% | 41 | 53% | 39 | 48% | 27 | 18% |
| hip breath | DD | 10 | 25 | | 19 | 60% | 18 | 40% | 21 | 73% | 24 | 93% | 15 | 33% |
| Muscle Girth, in cm, avg | EE | 30 | 86 | | 71 | 62% | 62 | 48% | 64 | 52% | 86 | 85% | 54 | 36% |
| flexed biceps | FF | 18 | 48 | | 37 | 63% | 34 | 53% | 32 | 47% | 45 | 80% | 30 | 40% |
| calf | GG | 18 | 48 | | 34 | 63% | 30 | 40% | 36 | 60% | 39 | 70% | 26 | 27% |
| Limb Lengths, in cm, avg | HH | 0 | 150 | | 87 | 58% | 133 | 89% | 72 | 48% | 98 | 65% | 87 | 45% |
| hand length | | | | | | | | | | | | | | |
| arm span | | | | | | | | | | | | | | |
| leg length | | | | | | | | | | | | | | |
| seated height | | | | | | | | | | | | | | |
| Cardiovascular Endurance, level-shuttle | | | | | | | | | | | | | | |
| 6 * level + shuttles | | | | | | | | | | | | | | |

FIG. 5

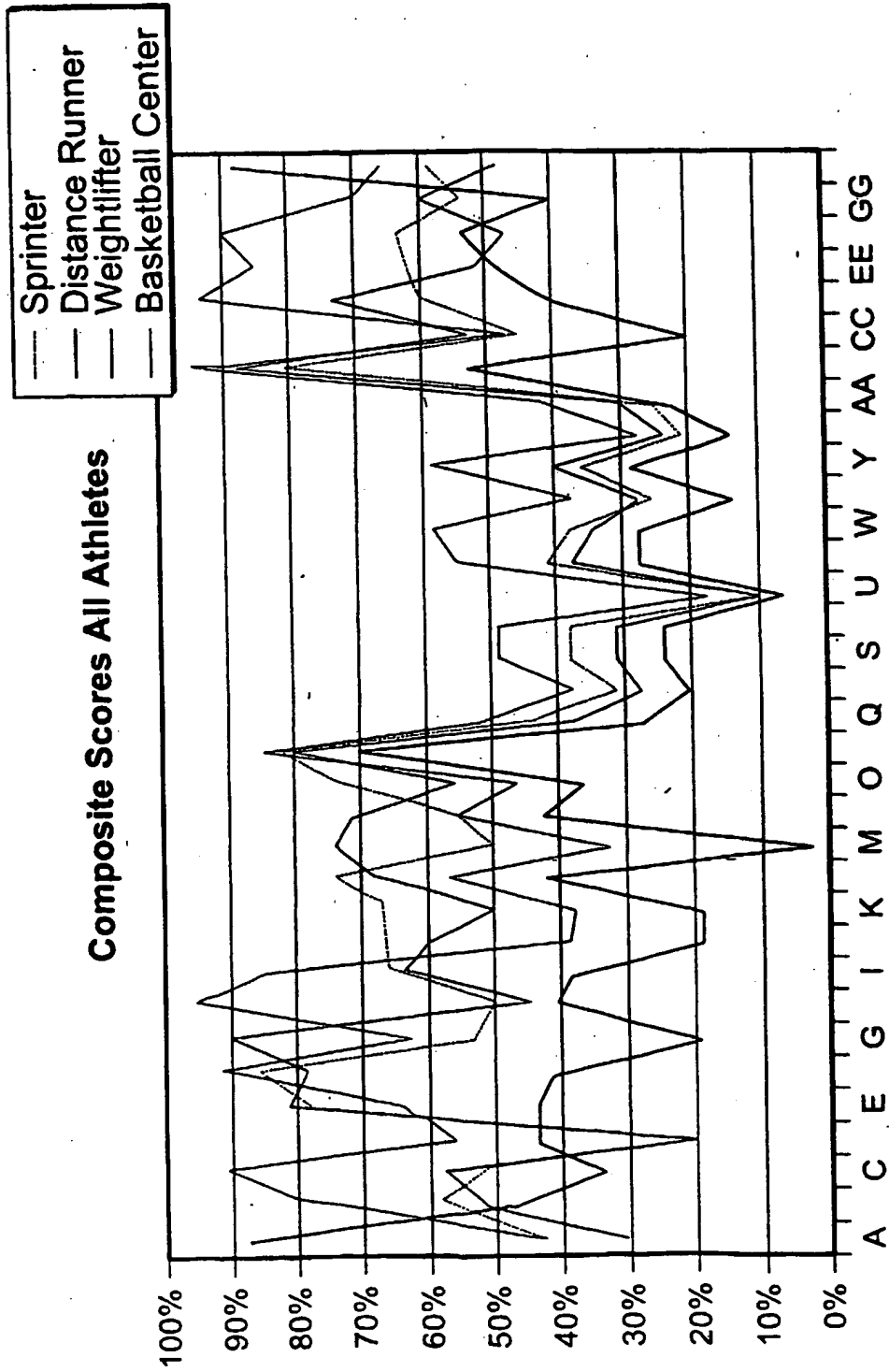


FIG. 6

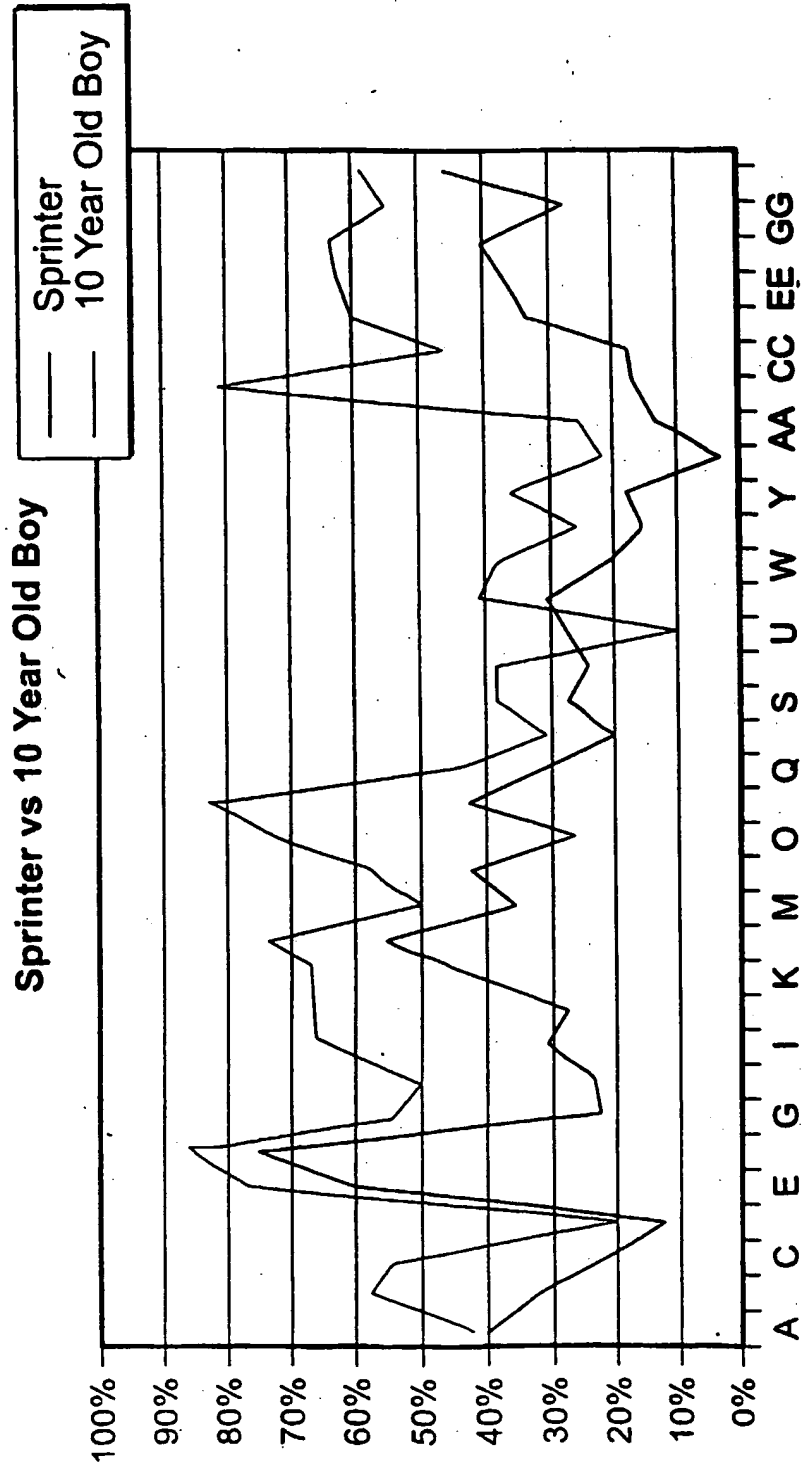


FIG. 7